

**AUGUST 2019**  
**DRAGON TALES**  
THE MONTHLY NEWSLETTER OF THE DRAGON DREAM TEAM



**IMPORTANT DATES**

**Tuesday, August 6, 2019**  
Board/Committee Meeting  
6:00 PM at Craftsmen Dining Hall

**Saturday, August 10, 2019**  
Chautauqua Lake  
Dragon Boat Festival

**Tuesday, September 3, 2019**  
Board Meeting  
6:00 PM at Craftsmen Dining Hall

**Saturday, September 28, 2019**  
Race - Indianapolis, IN

**Tuesday, October 1, 2019**  
Board/Committee Meeting  
6:00 PM at Craftsmen Dining Hall

**Sunday, October 6, 2019**  
Making Strides Walk  
Akron, Ohio

**AUGUST & SEPTEMBER BIRTHDAYS**

*Members: If we have omitted your birthday, please let us know*

**AUGUST**

2 – Melissa Samulak  
17 – Debra Hayes  
19 – Kathy Bean  
Diane Thacker  
25 – Bobbi Glendon  
Pam Spencer  
27 – Claudia Perge

**SEPTEMBER**

5 – Pat Testa  
6 – Rene Petrovich  
7 – Dorothy Farkas  
11 – Susan Kolarik  
12 – Gina Fortunato  
14 – Kathy Weichl  
16 – Joanne Johnston  
18 – Carolyn Bernstorff  
19 – Doreen Hazlett  
23 – Karen Koch  
24 – Sarah Butler  
29 – Nancy Dapra

**PRAYERS**

*if a DDT member is in need of prayers or support, please contact **Deb Merrow**, Sunshine Chair*

 **News from the Sunshine Committee**

We have been busy this month. We have sent cards, thoughts and prayers to Juanita Chapman, Barb Fox, Melissa Samulak, Amy Synk, Karen Vandervaart, Kim Macaluso, Kristen Evans, and Pat Testa. We also keep Deanna, Tara, Mary, Monica, and Debbie in our thoughts and prayers. Thank you all for all that you do!!

*Make Today So Awesome that Yesterday Gets Jealous!*  
~ submitted by Deb M.

# **DRAGON MESSAGES**

## **Message from Team Operations**

DRAGONS ON THE LAKE 2019 - Congratulations to all our teams for a good showing on and off the water last weekend! Thank you, members, and volunteers, for all the help setting up on Friday and all the various jobs on Saturday, especially in the intense heat! Kudos to those that jumped in to help our sister BCS teams so that they could compete as well. Thanks to Coach Allen and Coach Sara for all the hours you put in to make us stronger and better. So proud of all our teams...you are a great example of sisterhood and love!

Please see Barb or Juanita to sign waivers for the Chautauqua Lake race. The waivers need signed by next Wednesday, July 31st! ~ submitted by Juanita and Barb

## **Message from the Gala Committee**

Our 2020 gala is 8 months away! While that seems far away, now is a great time to pick up fabulous end of season (think spring and summer) sale items at wonderfully discounted prices! When shopping, go to the clearance and sale sections of the store and check them out! You never know what you can find to start to put together a themed basket or a gem.

We are still looking for a "staging area", so please keep your eyes and ears open. One idea...If you know anyone that might go to Florida for the winter and would let us use their home for a few months, consider asking them if they'd rent it out to us for a reasonable price. Please reach out to Gina F. or Pat D. if you have ideas or leads on a staging area. Thanks! ~ submitted by Gina

## **Message from the Boathouse Committee**



A DDT member would like to recycle the plastic water bottles. I will have a separate trash can labeled "recycle". Please make sure the bottle is empty of water and squeeze as much air out as possible...it'll take up less room in the can. Thank you. ~ submitted by Deann

## **Message from New Member Committee**

We welcome ten new members who have joined our team - Deb Hayes, Janeen Nelson, Terri Snyder, Diane Thacker, Luci Bullock, Bobbie Glendon, Noel Johnson, Dina Gruey, Jennifer Muhl, and Janet Canning. As you know a training program was implemented this season. Four new members were able to complete all six classes! Make up classes will be offered later in the season. We want to thank all of our veteran members for your help in paddling and steering the boats on training days, and for welcoming, supporting, and helping our new members! Have a great rest of the season! Thank you and paddles up! The New Member Committee ~ submitted by Claudia

## **LAST CALL – from the Archive Committee**

It has been a year and all of those memories of Italy are popping up. And now we have more memories to make in New Zealand!!! Last call...we would like to add your special/favorite memory of Italy to our Italy scrapbook. To all members of the Dragon Dream Team that travelled to Italy, please jot down your favorite memory and email to Linda at [Tms1962@yahoo.com](mailto:Tms1962@yahoo.com). Thanks ~ Linda



# UPCOMING EVENTS

## Message from Public Relations/Marketing Committee

Thanks to those who have joined our walk team for the American Cancer Society's Making Strides Against Breast Cancer Walk in Akron on October 6th. We welcome: Sarah Butler, Lucy Bullock, Janeen Nelson, Deb Merrow, Erica Whitmer, Terry Snyder, Nancy Peteya, Carolyn Bernstorf and Toby Bothel to the walk team. We have raised \$510. Please consider joining us by going to the following link: <http://main.acsevents.org/goto/DragonDreamTeam>



Thank you,  
Toby and Carolyn

## DRAGONS ON THE LAKE





## **COACHES' CORNER**

### Mid-Season

We've now been paddling for 3 months and, as a team, we're in mid-season form. It's easy to adopt the mind-set that, "It's just another practice." But that's not the case. Every practice is another opportunity to make our team better.

In the last week, we registered the highest speed I've ever seen from this team on the GPS. The following practice, we logged an even higher speed.

The speeds attained are just an indication of the improvements that we can make by setting higher goals, both as a team and as an individual. Now that you're in mid-season condition, it's time to look at your own stroke with regard to improvements that can be made. Remember, every stroke counts!

If we accept where we are currently, we'll never get any better. If we strive for ever higher goals, with a disciplined approach, our belief in ourselves is the only limit to how great we can become.

Paddles Up! ~ Coach Allen

### **Have information and photos to share?**

**Send to Monica Siko ([msiko42@gmail.com](mailto:msiko42@gmail.com)) by the 20<sup>th</sup> of the month and it will be included in the following month's Dragon Tales, issued by the end of each month.**

The Dragon Dream Team is Ohio's first group of breast cancer survivors participating in the team sport of dragon boating. Inspired by the courage of the dragon and the power of the paddle, our mission is to support and care for each other, increase self-esteem, physical and emotional wellness through paddling. The Dragon Dream Team demonstrates that life after breast cancer can be full, active and beyond all expectations. Our "Boatloads of Hope" community outreach program offers encouragement and support to breast cancer survivors and their families during the treatment phase of their cancer journey by the delivery of pashminas in area hospitals and cancer facilities, along with a powerful message of hope. The Dragon Dream Team is a 501(c)(3) organization.